



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 6. Processing our PAIN as a pathway toward freedom.

Week 21: Hitting bottom, how does PAIN and failure serve as a teacher?

Video: 28 Days, [Click here to watch a video clip in our Vimeo account.](#)

The Chosen, James, [Click here to watch a video clip in our Vimeo account.](#)

Theme verse: *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.* – Hebrews 12:11-12

Word of the Week: Pain

Quote: “Change happens when the pain of staying the same is greater than the pain of change.” – Tony Robbins

John Eldredge: “God’s relationship with us and with our world is just that: a relationship. As with every relationship, there’s a certain amount of unpredictability, and the ever-present likelihood that you’ll get hurt.”

Highlight Song: New Creation, Mac Powell

[Click here to watch in our Vimeo account.](#)

Word of the Week: Pain

Dictionary:

noun

- physical suffering or distress, as due to injury, illness, etc.
- a distressing sensation in a particular part of the body: *a back pain*.
- mental or emotional suffering or torment: *I am sorry my news causes you such pain*.

verb

- to cause physical pain to; hurt.
- to cause (someone) mental or emotional pain; distress: *Your sarcasm caused me pain*.

Quotes: *“We will consider advice, but we will obey our pain.”* – Unknown

“Change happens when the pain of staying the same is greater than the pain of change.” – Tony Robbins

“Experience is not what happens to you. It is what you do with what happens to you. Don’t waste your pain; use it to help others.”

– Rick Warren.

“The deepest level of worship is praising God in spite of pain, trusting Him during a trial, surrendering while suffering, and loving Him when He seems distant.” – Rick Warren

“Each day you must choose, the pain of discipline or the pain of regret.”

– Eric Mangini

“There is no light without shadow, just as there is no happiness without pain.” – Isabel Allende

“The cross reminds us that there is no true love without suffering, there is no gift of life without pain.” – Pope Benedict XVI

Bible: Genesis 3:16

To the woman he said, “I will make your **pains** in childbearing very severe; with **painful** labor you will give birth to children. Your desire will be for your husband, and he will rule over you.”

Psalm 38:17-18

For I am about to fall, and my **pain** is ever with me. I confess my iniquity; I am troubled by my sin.

Ecclesiastes 2:22-23

What do people get for all the toil and anxious striving with which they labor under the sun? All their days their work is grief and **pain**; even at night their minds do not rest. This too is meaningless.

Isaiah 53:3-4

He was despised and rejected by mankind, a man of suffering, and familiar with **pain**. Like one from whom people hide their faces, he was despised, and we held him in low esteem. Surely he took up our **pain** and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

Romans 8:22

We know that the whole creation has been groaning as in the **pains** of childbirth right up to the present time.

Hebrews 12:11-12

No discipline seems pleasant at the time, but **painful**. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.

1 Peter 2:19-20

For it is commendable if someone bears up under the **pain** of unjust suffering because they are conscious of God. But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God.

Revelation 16:10-11

The fifth angel poured out his bowl on the throne of the beast, and its kingdom was plunged into darkness. People gnawed their tongues in agony and cursed the God of heaven because of their **pains** and their sores, but they refused to repent of what they had done.

Revelation 21:4

He will wipe every tear from their eyes. There will be no more death or mourning or crying or **pain**, for the old order of things has passed away.